CLAIMS

1. An elastic member having exceptional release properties comprising a release layer, an elastic layer, and a base layer; said elastic member characterized in that:

the release layer is a fluororesin film;

the elastic layer is obtained by loading an elastic body into the pores of a porous fluororesin film; and

the release layer is the surfacemost layer and is in contact with the elastic layer.

- 2. The elastic member according to claim 1, wherein the fluororesin film that constitutes the release layer and the porous fluororesin film that constitutes the elastic layer are bonded by thermal welding.
- 3. The elastic member according to claim 1, wherein the fluororesin film that constitutes the release layer is a polytetrafluoroethylene film.
- 4. The elastic member according to claim 3, wherein the polytetrafluoroethylene film is a porous polytetrafluoroethylene compressed body.
- 5. The elastic member according to claim 1, wherein the porous fluororesin film that constitutes the above elastic layer is a porous polytetrafluoroethylene film.
- 6. The elastic member according to claim 1, wherein the elastic body that constitutes the elastic layer is a silicone rubber.
- 7. The elastic member according to claim 1, wherein the thickness of the release layer is 1 to 30 μm .
- 8. The elastic member according to claim 1, wherein the thickness of the elastic layer is $10 \text{ to } 1000 \ \mu\text{m}$.
- 9. The elastic member according to claim 1, wherein the base layer is composed of a metal or heat-resistant resin.

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- 10. The elastic layer according to claim 1, wherein the above base layer is belt-shaped or roll-shaped.
- 11. A toner fixing element, characterized by having the elastic member according to claim 1.
- 12. A fixing device, characterized by having the toner fixing element according to claim 11.
- 13. A method for producing the elastic member according to claim 1, said method for producing the elastic member characterized in that the fluororesin film that constitutes the release layer and the porous fluororesin film that constitutes the elastic layer are thermally welded, liquid silicone rubber is subsequently loaded into the pores of the porous fluororesin film from the porous fluororesin film side, and the silicone rubber is then crosslinked.

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